

Hit It Farther

This is the last of the GRIP/HOLD series. We are going to help you with touch and with power. You know have that proper grip, your left hand is gripping it more like a hammer, your right hand you have more in your fingers and both V's are in the same direction so now let's hit with power AND touch. All from the same grip or hold.

POWER – too many of you hold the club with too much tension. But Mase there are 20 people standing around watching and I just know that my ball will slice (goes left to right for the right handed golfer?). So I have to grip it tighter.

Grip pressure is very important here for power. You need to keep your arms soft and supple like spaghetti noodles. By doing this your grip will soften and your body will soften giving you more club head speed. Tighten your fists as tight as you can, assume a boxing stance and try to punch? Not much speed in those arms. Now soften the tension in your arms and hands and watch how fast your arms move and how much your body is like a spring. Now turn that into a golf swing and you will have power at the point you want it at...the club head.

The same soft feeling in your arms and hands goes with touch as it does with power. Grab a baseball in your palm ONLY and try to throw it with much power OR touch. Impossible. Now grip it in your fingers and do the same thing. As an editorial comment, please do not do this in your house. All sports we do with touch and power the implement is in your fingers – basketball, softball, football, etc. Now you know why it is so important to have the grip we talked about in the first two tips IN YOUR fingers.

So when you go out to golf next remember the grip is what controls the club face or curvature of the ball, the touch and feel around the greens and the power we all strive for. So soften the arms and the grip will soften. Hopefully as your grip the club you will have your eyes closed and notice this softness. Both hands should have an equal amount of pressure.

Next week we will talk about what some of use from time to time, a bar stool to aid in our posture or stance.

Questions? See Greg, Norm, Scott. More info at www.g3golf.com or gregmason.com.

